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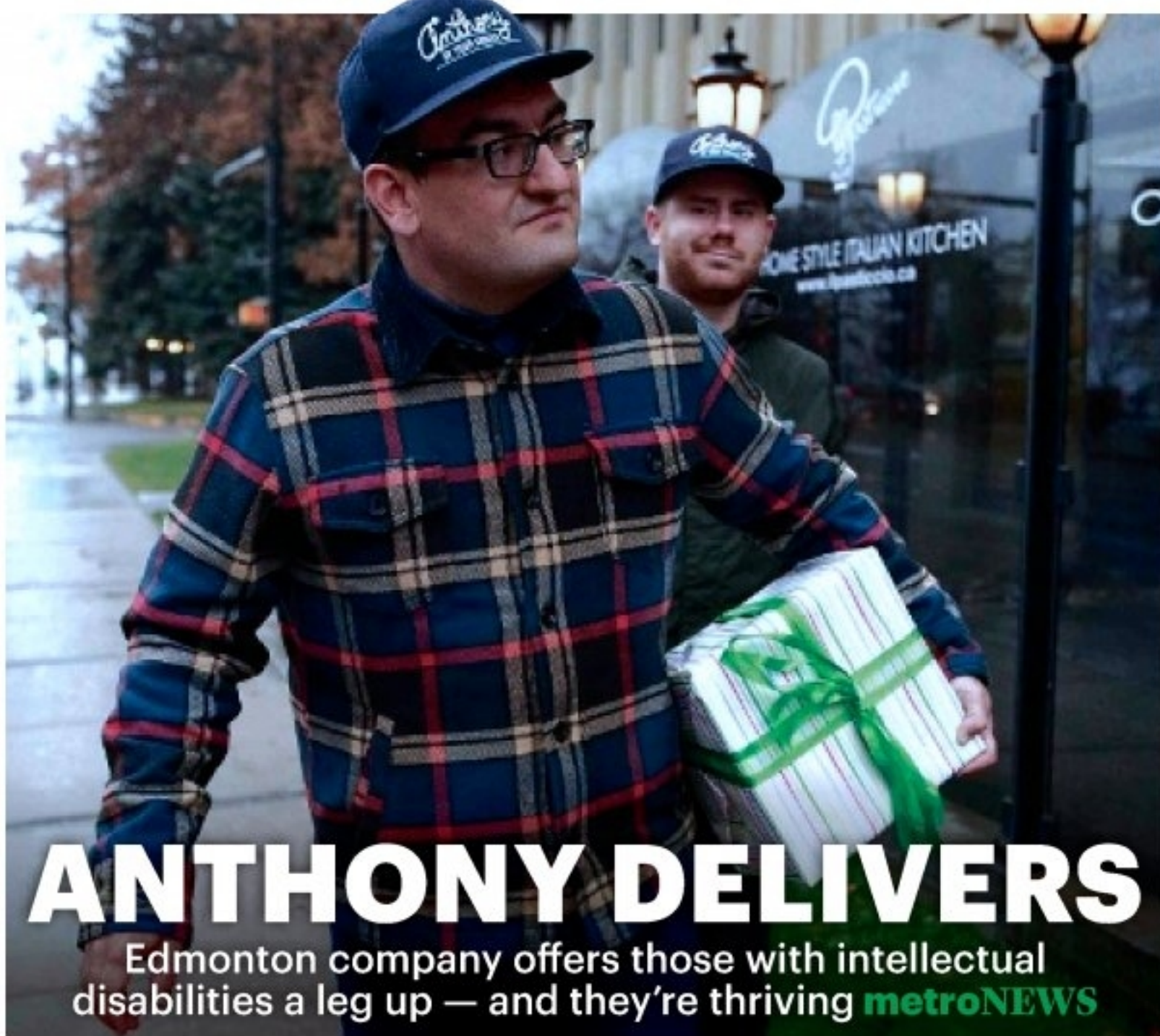
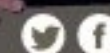
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ANTHONY DELIVERS

Edmonton company offers those with intellectual disabilities a leg up — and they're thriving **metroNEWS**

CODIE MCLACHLAN/FOR METRO

School shut amid scandal

AUDIT

Trinity accused of pocketing nearly \$1M in public cash



**Lucie
Edwardson**
Metro | Calgary

An Alberta home-schooling association has been ousted for allegedly pocketing nearly \$1 million taxpayer dollars from Alberta Education that was meant to fund the education of thousands of students.

According to the Ministry of Education, Trinity Christian School Association is suspected siphoning government funds for years.

Effective immediately, the ministry has cancelled their registration and accreditation as a private school operator.

Minister of Education David Eggen said the decision to close the school comes after an audit of Trinity's financials, which found numerous issues and determined that public funding was directed to a third party, Wisdom Home Schooling Society.

"The decision to cancel accreditation and registration from Trinity Christian

School Association was made out of respect for taxpayers and the many families who entrusted this school to properly account for the funding granted for the purposes of their children's education," Eggen said.

Alberta Education said they will provide the findings of their review to both the Canada Revenue Agency and the RCMP to allow them to determine if further investigation is warranted.

According to Alberta Education, issues include conflict of interest involving senior management and related-party transactions, including terms of employment contracts and terms of leases with related parties.

They said inappropriate expenses were also found for things not limited to baby-sitting, funeral expenses and "double dipping" of mileage.

The financial audit also found that Wisdom — who is not the grant recipient — had retained \$988,000 in "unclaimed parent funding" for the last three years.

Alberta Education said their staff will be made available to help students register in an alternative public or private school.

Full coverage, metroNEWS



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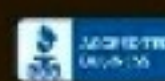
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Podcast talks man to man

MEDIA

Modern Manhood is encouraging guys to open up



Kevin Maimann
Metro | Edmonton

No man is an island, but connections don't always come easy.

German Villegas launched the Modern Manhood Podcast in April to connect with other men after pushing back against an emotionally closed-off existence that he said is the norm for many males.

Every two weeks, Villegas chats with an Edmonton man about their problems, experiences, and what masculinity means to them.

"I didn't really have friends that I could talk to about certain things. I look back on those years and I've noticed that if I ever were to get married, I didn't even know who my groomsmen would be or my best man, or people I felt proud about," Villegas said.

"Fortunately that's changed for me. But at the same time, I had to go through a big journey to do that and I wanted to help other guys go through that journey, too."

Villegas has worked in mental health for five years, where he has noticed males young and old often struggle to find caring, compassionate environments where they can



German Villegas runs the Modern Manhood podcast. CODIE MCLACHLAN/FOR METRO

“It helps other guys to speak about those kinds of issues, and that would (in turn) help everybody in general.” German Villegas

be heard.

By providing a space for men to discuss their vulnerabilities and views on modern manhood, he hopes to help normalize those types of discussions.

"It helps other guys to speak about those kinds of issues,

and that would (in turn) help everybody in general," he said.

Villegas lets his guests drive the topic of conversation, and has extended an open invitation to any man who wants to come on the show.

Some talk about fatherhood,

others racism. A recent episode saw local author Michael Hingson discuss whether fathers should kiss their sons, while entrepreneur Tyler Wayne gave thoughts on ways to solve the gender wage gap.

The host asks each man about their childhood and how their male role models shaped them, and he ends each podcast by asking the guest to give advice to other men.

Villegas said he has benefited "tremendously" from open-

ing the lines of communication.

"It's helped me in my relationship and it's helped me in my personal life," he said.

"I felt more empowered, and I felt I could speak my peace without being judged, because I gave the other person that space not to be judged when they're speaking about certain things. And I gave them that space then we can talk about it and support each other."

CRIME

Man in custody after threats



Alex Boyd
Metro | Edmonton

A 19-year-old man was arrested Tuesday morning after someone posted on a social media site for MacEwan University students threatening to "shoot up my school."

Police said charges are pending, but provided no other details.

Edmonton police were alerted to the post, written anonymously on the student-focused app Chillabit, early Tuesday morning.

Before the arrest was made Tuesday, classes went ahead as scheduled, but security was beefed up and police were seen patrolling the downtown campus.

MacEwan's director of security services, Raymond Boudreau, said that he was confident police and campus security were ready to handle the threat, but were prepared to evacuate or take other measures in response to new information. After the arrest was announced, police said they believed the risk to be over.

Boudreau said that when he started at MacEwan seven years ago, online threats weren't a huge concern, but now they're a large part of their daily duties — and an issue they take seriously.

"The other story here is the fear that social media does cause and the lack of confidence that people have in the university taking their safety as a priority — which we do."



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Top officials feeling 'blindsided' by allegations of impropriety

TRINITY CHRISTIAN

Minister says 'long litany' of discrepancies found in audit



Lucie Edwardson
Metro | Calgary

The principal and superintendent of an Alberta school association that was stripped of its registration and accreditation Tuesday said they were blindsided by the closure.

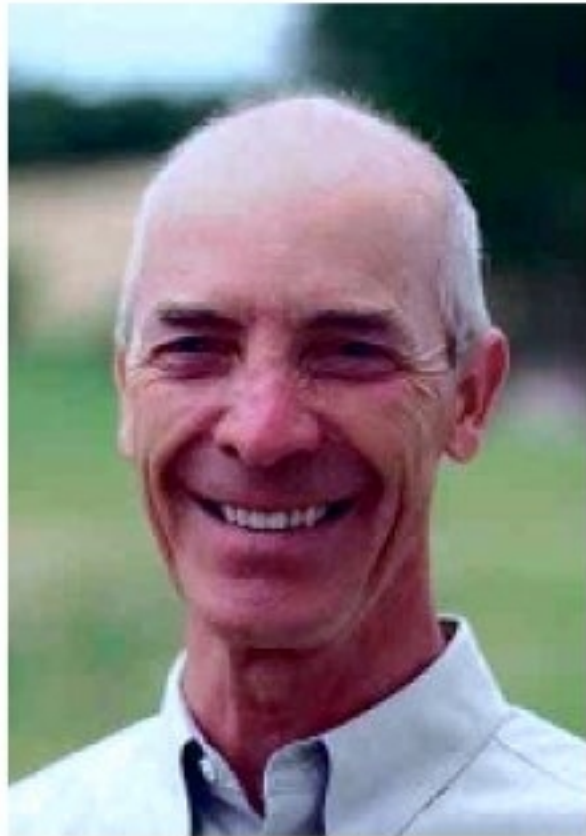
Richard Scheinbein, principal and superintendent of the Trinity Christian School Association — which was shut down by Alberta Education due to alleged "financial impropriety" — was shocked by the ministry's decision.

The comment comes after a government review alleges that nearly \$1 million in funds that is supposed to be returned to parents is apparently listed as revenue for Wisdom Home Schooling Society, which is contracted by Trinity to run their home-education program.

"To tell you the truth I don't know what's going on — if we have an enemy there or not — but for the last 10-15 years, every year we've had this kind of stuff, and every year it passes," Scheinbein said.

Minister of Education David Eggen announced the decision to close the school citing a financial review of the last three years.

"These are very concerning financial practices," Eggen said at a Tuesday afternoon news conference in Edmonton.



The Noster family is facing allegations of misuse of public dollars. Pictured: Kenneth Noster, founder of Wisdom and associate principal at Trinity, Marlane Noster, associate administrator at Wisdom, and their son, Saul Noster, who does financial services.

According to Alberta Education, 3,500 of the 11,000 home-educated students in the province were registered to TCSEA's home-schooling program with Wisdom—which has no legal relationship with the ministry. An additional 13 students attend Trinity in a classroom setting.

"The scale is quite large," said Eggen.

Family ties

The minister said familial relationships within the school and positions of power were also concerning.

According to the websites of both Trinity and Wisdom, members of the Noster and Bekolay families serve on both boards and are also employed by Wisdom.

The websites indicate that husband and wife Kenneth

and Marlane Noster are on the Wisdom board, while Kenneth sits on both boards.

Their son, Saul Noster, is listed as Wisdom's financial services administrator since 2012.

Metro tried various methods to reach the aforementioned members of the Noster family, but no calls were returned by print deadline.

Audit documents provided by Alberta Education show that Trinity and Wisdom spent approximately 32 per cent of expenses on payments and administration compared to 3.4 to 5.6 per cent range in public school boards.

Although names have been redacted, the document indicated the majority of administration salaries went to members of two families—with total compensation to all members

of the two families exceeding \$2.76 million over three years.

The audit

Eggen said the review of Trinity financials took place after the school got a new auditor who raised red flags with the ministry.

The minister said through the audit it became obvious that money wasn't being spent efficiently and that third party contractor—Wisdom—was handling most of the money.

Eggen said their review found inappropriate leases between Trinity and Wisdom, where they were leasing their own properties to themselves at 10 times the market rate, as well as spending money on alcohol, parties and gift-certificates.

"There's a whole long litany of improprieties," Eggen said. "They

weren't doing bank reconciliations on a monthly basis—which is the most basic thing you need to do to ensure transparency—so we felt a call to act."

The audit also noted that in reviewing Trinity and Wisdom's records they found Trinity's practices were inconsistent with legislation.

The 13 certificated teachers referred by Wisdom as 'facilitators' are paid by Wisdom as independent contractors and aren't employees at either organization—and Trinity didn't pay any of the home education facilitators in the periods under review, according to the audit.

Further, the one certified teacher paid by Trinity for the 13 in-school students has no employment contract—all of which goes against the School Act, according to the government.

PARENTS' VIEW

'A total shock'

Members of the Wisdom Home Schooling Society's parent advisory council said not even Wisdom saw the closure of Trinity Christian School Association coming.

Susanne and David Knoch said they were waiting to hear from Alberta Education at a telephone conference town hall, Tuesday evening, about the closure before making any decisions.

"It's a total shock. It's an absolute shock. This is like a sideswipe, not even Wisdom saw it coming," said David.

But, the couple said they question the government's objectives.

"We know the NDP government hasn't been especially welcoming — we've just questioned their motives," said Susanne, when asked if she was referring to Bill 10.

They said Wisdom has fully co-operated with the government throughout the audit.

"The Alberta government has been speaking very favourably to Wisdom," said Susanne. "Wisdom has been so cooperative, they've responded to all their demands, and the government even said thank you."

She added that the closure of the school in this fashion is "just so unethical based on what the communication has been up until now."

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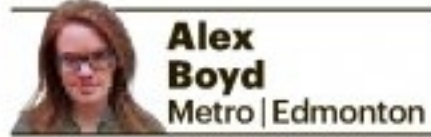
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Anthony (still) at Your Service

BUSINESS

Four solid years of deliveries by people with disabilities



Alex Boyd
Metro | Edmonton

Four years after co-founding Anthony at Your Service, Anthony Barrett and his support worker, Mikey Hamm, have their routine down to a science: Get ready, pick up supplies, drop them off.

Repeat.

"He's a goal-oriented guy, so he loves finishing up a delivery," Hamm says of Barrett, who has autism and is non-verbal.

"You can see him creating a checklist in his head, and this job really works well for him. It has all these little discrete goals."

Barrett and his mom, Deborah, started the business because it combined a lot of his favourite things: travelling around the city, seeing new places and helping people.



Support worker Mikey Hamm and Anthony Barrett comprise one of 15 teams currently working for delivery company Anthony at Your Service. CODIE MCLACHLAN/FOR METRO

But then word spread and demand grew. Deborah hired another delivery person — giving the job to a person with an intellectual disability — and then another.

The company now employs

15 people with intellectual disabilities who take flowers, businesses supplies and fliers across the city — and make more than minimum wage doing so.

"Our folks love doing our deliveries, so this is not a case of

'I'll do this job until I get something better.' This is the job they want to do," Deborah said.

"And we give them visible, valuable, meaningful work."

One of the company's biggest customers is Elm Catering,

"We give them visible, valuable, meaningful work."
Deborah Barrett

whose District Cafe is the target of a cash mob Wednesday afternoon.

The Gateway Association, a local non-profit that works with people with disabilities, is hosting the mob, the latest in a series it's held at inclusive employers in Edmonton for the last couple of years.

According to Deborah, Anthony At Your Service has been doing the bulk of Elm's catering deliveries — meaning as many as five deliveries a day, several days a week — for the last year and a half.

She said the success of the company shows that hiring people with disabilities can make good business sense.

"We're celebrating a company that makes a difference by hiring people with disabilities to do their deliveries. If everyone were doing it, we wouldn't have to have a special day for it."

ISLAMOPHOBIA

Police say last poster a possible hate crime

Edmonton police said Tuesday they have determined along with the Crown prosecutor that the most recent Islamophobic poster released in the city is likely chargeable as a hate crime.

Sgt. Dan Jones, who is overseeing the hate-crimes unit at the moment, said there have been five posters he would categorize as radical right-wing messages in the last few months, but the most recent — which Metro reported on Monday and which was found in the Evansdale area — crossed the line.

The latest poster, which Metro will avoid re-describing, "is just brutal," Jones said. "We're looking at this as being a significant criminal offence."

Jones said the police have not yet identified a suspect and added that three of the posters share messaging, suggesting their creator or creators may be linked.

Jones said this is entirely out of the norm for Edmonton.

"It really frustrates me that someone and their ignorant and criminal behaviour can tarnish this city," he said. METRO

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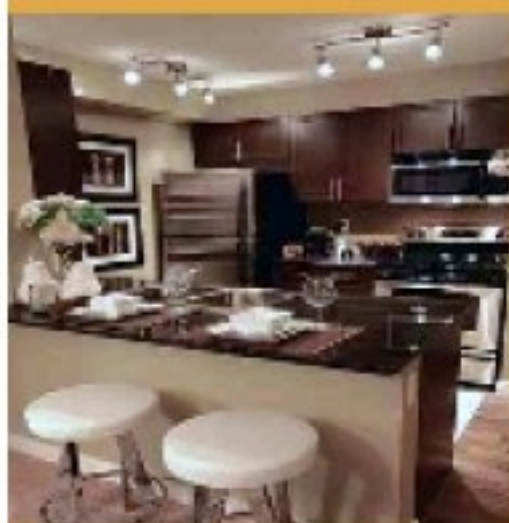
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City administration identified possible conflict of interest issues between council and the Northlands board. Coun. Michael Oshry currently sits on the Northlands board. METRO FILE

Less mingling on Northlands board

ADMINISTRATION

Conflicts of interest tough to justify, say legal experts



Jeremy Simes
Metro | Edmonton

City councillors and Northlands board members shouldn't mingle at the same table, according to City of Edmonton legal experts, as conflict of interest issues could arise.

On Tuesday, Edmonton city council voted to essentially remove councillors from the Northlands board. However, city administration will have a heavier hand in the selection process.

During council, legal experts said the city and Northlands may not align given the cur-

rent climate. Earlier this year, the city found parts of Northlands' future development plans weren't detailed and difficult to justify.

Northlands also has some major decisions coming. The agency nearly sued the city over the ticket-tax bylaw, according to Northlands CEO Tim Reid.

He said Northlands had to address concerns with the city, adding both parties worked through the logistics.

"Anytime you have large organizations going through change, sometimes you're going to have a difference of opinion," he said.

Reid acknowledged it's advantageous having Mayor Don Iveson, Coun. Michael Oshry and Coun. Tony Caterina on its board.

However, he said, city members could be put in a challenging position when views differ.

"It's important we do have an appointment that relays in-

formation from our board to council," he said.

Oshry said he has faced "soft pressure" when sitting on the agency.

"You are torn," he told council. "It's tough to vote against when you go back to the board. I think it's high time we look at all these agencies."

The recommendation calls on city administration to recruit an individual for appointment to the Northlands Board of Directors. Administration will also recruit candidates for election to the Northlands board.

Administration is to also bring a report for council to select a chair to the Northlands board.

Reid said Northlands is open to presenting projects to council, similar to what other agencies do.

"I think every time we can present to council, that allows us to make stronger decisions," he said.

CRIME

Albertans earn B.C. ire

Vancouver police are pointing the finger at Alberta for a spike in petty crime as the economy pushes undesirables out of the province to greener pastures. Sgt. Brian Montague said Vancouver police have seen many anecdotal examples of Albertans causing problems in B.C.

"I think a lot of it has to do with the fact that the Alberta economy is so poor right now, and the B.C. economy is thriving," he said. HELEN PIKE/METRO

GREENHOUSE GAS

New housing codes to lower emissions

Alberta is adopting construction rules that aim to make new homes and other buildings more energy efficient to reduce greenhouse gas emissions.

The updated or new codes that cover building, electrical, gas and sewage systems go into effect next month.

They include energy efficiency requirements for windows, lighting, insulation, heating, service-water heating, ventilation and air-conditioning.

The government says the

changes will increase the cost of new homes, but the energy savings will make up for any increase over time.

Jesse Row, executive director of the Alberta Energy Efficiency Alliance, praised the new rules, saying they are overdue.

"The Alliance, which is made up of a range of industry, municipal and non-profit organizations, has been calling for updates to our building codes for some time now," he said.

THE CANADIAN PRESS



WEATHER EDMONTON HAS HEAD IN THE CLOUDS Edmonton's downtown towers resembled a moody Gotham City thanks to fog on Tuesday. CODIE MCLACHLAN/FOR METRO

Drug firms had hand in opioid crisis: College

PAINKILLERS

Doctors point to misleading, aggressive ads



Kevin Maimann
Metro | Edmonton

Aggressive false marketing by pharmaceutical companies is partly to blame for Alberta's opioid crisis, according to the registrar of the College of Physicians and Surgeons of Alberta.

"We had very aggressive marketing by pharmaceutical companies, and part of that marketing was the suggestion that if you were prescribing opioids for pain, you would not cause addiction," Dr. Trevor Theman said during a break at a CPSA forum on prescription opioid abuse

Tuesday.

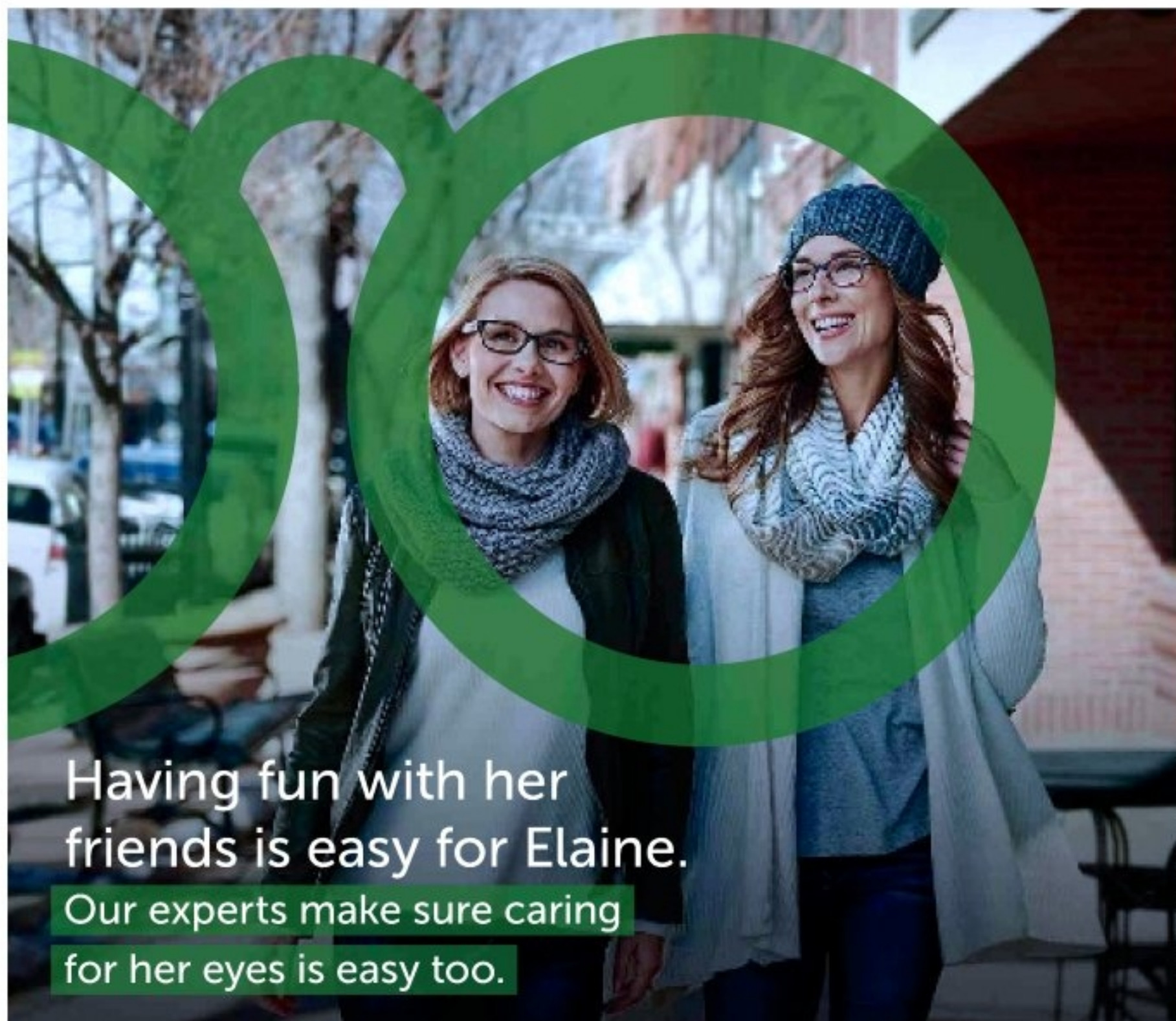
"That's completely false." Therman pointed to the American company Purdue Pharma, which was fined \$600 million in 2007 for misleading doctors, regulators and patients about Oxycontin's risk of addiction.

He said the effectiveness of opioids as painkillers has also been overstated.

"I think there was a belief that they are more effective than they really are," he said.

"A variety of factors caused physicians to become accepting of the use of opioids in the treatment of pain."

The College has started consultation on responsible prescribing guidelines and is urging physicians to prescribe the lowest doses possible, reduce doses for patients who are already taking large amounts of opioids, and seek out other forms of treatment.



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HUMAN RIGHTS

Commission chief speaks out on racism

The chief of the Alberta Human Rights Commission is speaking out about racism and intolerance in the province.

Robert Philp cites incidents of racial slurs, verbal attacks against a First Nations family, anti-Sikh and Muslim posters and a burnt Koran over the past few months.

Philp says this isn't the Alberta that he knows and is not the Alberta in which he wants to live.

He says there is no room for hatred or intolerance in the province.

Philp calls on people to recommit to the principle that all people are equal without regard to race, religious beliefs, colour, gender, physical disability, age, place or origin or sexual orientation.

Philp is a former provincial court judge.

"This is not the Alberta that I know. Nor is this the Alberta in which I want to live," Philp wrote in a message posted on the commission's website Tuesday.

"I encourage all Albertans to live the values set out in the Alberta Human Rights Act and to promote the ideal that all Albertans have the right to live in a province that respects, values and celebrates our differences, which only serve to make us stronger."

The message comes as the Edmonton Police Service announced that its Hate Crimes unit continues to investigate an ongoing series of anti-Islam posters being circulated across the city.

THE CANADIAN PRESS

This is not the Alberta that I know.

Robert Philp

System equipped with smart bus tech

PUBLIC TRANSPORTATION

New app to change how commuters wait for transit

Jeremy Simes
Metro | Edmonton

Allison Currie doesn't like waiting more than 15 minutes for a bus, especially in the snow, so she hopes a new app for Edmonton transit will ease her mind.

"I'd have no clue if maybe my bus went by four minutes early or if it was delayed," she said. "This should clear that up."

On Tuesday, Edmonton Transit System announced it has installed smart bus technology on all of its 938 buses.

Smart bus technology lets riders get real-time information about bus locations on every route. ETS is also recommending you use the app "Transit" to get around.

Though Currie hasn't yet used the app yet, she says it'll be helpful when it snows.

"Those first, big snow falls



Edmontonians will now be able to know where their bus is located via a new app the city has partnered with. CODIE MCLACHLAN/FOR METRO

wreak havoc on bus schedules," she said. "You end up standing outside in the cold, not knowing if you should take a different bus, walk or stick it out waiting."

Though the app won't tell you a bus is stuck due to poor weather conditions, you'll be able to see where it's located and the length of time it'll take to get to your stop.

If the expected arrival time

isn't changing or is increasing, there's a good chance something is wrong.

That could change going forward, according to Eddie Robar, branch manager for ETS.

Robar said ETS is looking to develop service notifications as it adopts the real-time service.

The app will also have push notifications. For example, it'll tell you when you should leave

your home, and when you should hurry if you're walking slowly.

Nappers, too, will get alerts about when they should get off at their stop. ETS also announced bus display boards will be equipped with sound, so visually impaired people know when they're at their stop.

Still, Currie said it would be nice if ETS also equipped transit centres with public Wi-Fi.

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TRANSIT SAFETY

Officials working to reduce risk of blind spots

Edmonton transit officials are gathering information on possible solutions for blind spots on city busses, though nothing concrete has been done.

Earlier this month, the union representing Edmonton bus drivers noted flawed bus design could be leading to pedestrian fatalities.

The Amalgamated Transit

Union (ATU) 569 found 19 pedestrians can be hidden by the pillar and mirror on the driver-side.

Steve Bradshaw, president of ATU 569, said driver-side mirrors could be reconfigured and re-located to reduce the blind spot.

"That's something we think we could afford to do in a retrofit scenario," he said.

Bradshaw can't say if the blind

spot was the issue when a driver was involved in a fatal collision in early October. The driver, Kellie Rowe, has been charged with failing to yield to a pedestrian.

Gillian Rutherford, spokeswoman for ETS, couldn't provide many details on the city's information gathering.

However, she said ETS is looking at different municipalities for

possible solutions to reduce risk.

Bradshaw said the city also cares for public safety, adding it should take leadership to have the blind spots reduced.

ETS is also in the works to add 80 new buses to its fleet. On Nov. 29, council will determine what the bus specs will be and if some buses should be replaced.

JEREMY SIMES/METRO

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Yazidi women and children, released by Daesh, arrive in Kirkuk, 290 kilometres north of Baghdad, Iraq, on April 8, 2015. The House of Commons voted unanimously Tuesday to acknowledge a genocide against the Yazidi people and to offer safe haven in Canada to vulnerable women and girls. THE ASSOCIATED PRESS

Unanimous welcome for Yazidis

IRAQ

House of Commons votes 313 to 0 to give refuge

With a freed Yazidi sex slave watching from the gallery, the House of Commons voted unanimously Tuesday to acknowledge a genocide against her people and to offer safe haven in Canada to vulnerable women and girls by the end of February.

Nadia Murad, described by the Conservatives as a victim of sex trafficking at the hands of members of Daesh, has been lobbying MPs this week on behalf of her hard-hit fellow Yazidis.

She received an ovation from the House before MPs voted 313-0 to adopt a Conservative motion calling on the Liberal government to help her fellow Yazidis within the next 120 days.

Prime Minister Justin Trudeau offered his personal assurance that help is in the offing.

"I am pleased to see Nadia again today and reassure her that in the coming months we are committed to bring in ... vulnerable Yazidi refugees," he said during question period.

The Yazidis, a Kurdish-speaking religious minority who used to dwell mainly in northern Iraq, have been targeted by Daesh militants over the last two years. Thousands of Yazidi men were killed, while thousands of

women and girls were carried off, bought and sold in slave markets.

Interim Conservative leader Rona Ambrose, who helped guide the motion through the House, said she wants to see a concrete action plan to help the Yazidis, saying that will count more than words.

Immigration Minister John McCallum confirmed the government intends to act.

"We on this side of the House are every bit as enthusiastic and committed to welcoming Yazidis to this country," he said.

"We are looking into various ways in which this can be done and we will do the job."

He also said the unanimous vote is a good thing. "I am really pleased that an issue of this importance should go above politics."

Ambrose has said a minimum of 1,000 Yazidi women and girls should be brought in, but McCallum didn't offer a target.

"We do not have any numbers today." THE CANADIAN PRESS



They will start a new life where they will have rights, where they will have safety. Nadia Murad

LAW ENFORCEMENT

B.C. urged to release stats on police-dog bites

A month after a bystander was mistakenly mauled by a Vancouver police dog, a legal advocacy group is calling on the provincial government to release newly gathered numbers outlining how many people are being bitten in British Columbia.

All police forces in B.C. have been ordered to report dog-bite data to the province since new regulations were introduced over a year ago. It's a departure from earlier legislation that in some instances didn't require

a report to be filed for an accidental bite.

Pivot Legal Society spokesman Doug King said he's heard too many stories of bite injuries involving innocent people, as well as "arrestable" suspects who say they had turned themselves in and posed no threat but still had a dog released on them.

"Police are not meant to punish people," King said in an interview on Tuesday. "Their sole job is to bring them in

front of the justice system. Then after conviction a judge sentences them accordingly.

"Often the police-dog deployment sidesteps that whole process. It starts to feel like somebody's being punished before they've even been charged."

Pivot outlined its request in a letter sent Tuesday to Clayton Pecknold, director of police services in B.C.'s Public Safety Ministry.

Pecknold said the dog-bite data is still being collected and

will be made public in early 2017.

"It's important to note that police dogs are an important, effective policing tool used for finding and apprehending suspects, searching for evidence, searching for missing people, drugs or explosives and more," he said in an emailed statement.

"But like any policing tool, they must be used consistently, effectively and with restraint."

THE CANADIAN PRESS



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Where are the women?

POLITICS

Pay equity panel gaffe highlights need for better representation



Emma Jackson
Metro | Ottawa

The absence of women on most House of Commons committees comes down to "a supply problem," according to Equal Voice.

The federal finance committee took some heat last week when its lone female member was missing from a pre-budget consultation in Charlottetown.

A public delegate tweeted the irony of presenting her pay equity concerns to a panel of men — which, she added, didn't ask any follow-up questions.

Finance committee member and Pickering-Uxbridge MP Jennifer O'Connell had been away that week. Her absence was notable as the only woman on the 10-member committee, which has been hearing from public witnesses on budget-related issues since late September.

Conservative MP Lisa Raitt was also a member until recently, when she stepped down to consider a crack at the Tory leadership. The Conservatives replaced her with MP Gerard Deltell.

Equal Voice spokesperson Nancy Peckford said it's not surprising the Conservatives didn't choose a female replacement.

"There's simply not enough women left over among the remaining female members

to fill those committees," Peckford said.

There are only 88 women in the House, a mere 26 per cent. Seventeen of those are Conservative, while 50 are Liberal.

The Liberals are especially pinched: They have the most committee spots to fill, and 27 of their female MPs are already cabinet ministers and parliamentary secretaries.

It's a problem that reaches far beyond just one committee.

Most standing committees include only one or two women. And two — the Access to Information, Privacy and Ethics committee and the Industry, Science and Technology committee — have none at all.

Only the Status of Women and special pay equity committees have female majorities.

This dismal representation highlights a broader need to get more women into elected office in the first place, Peckford said.

"This is really a question of investing in future generations and women candidates," she said.

O'Connell said she'd like to see more women join finance committee, but she defended the ability of her male colleagues to address things like pay equity just as well as her.

"My colleagues care about women's issues," O'Connell said. "I'm not always the only one raising things about women in the workforce."

The Liberals announced earlier in October they will introduce legislation compelling federally-regulated industries to give women equal pay for equal work, affecting about 874,000 employees.

PROTEST

Youth turn their backs on Trudeau

Dozens of delegates at a youth labour forum turned their backs Tuesday on Prime Minister Justin Trudeau, using body language to express their frustrations with everything from global warming to so-called precarious work.

As Trudeau began taking questions from two of the forum's hosts, some delegates began to heckle and jeer while several rows of young people turned to face the back of the room, prompting harsh words from the prime minister himself.

Their actions sent the wrong signal to the other young people in the room, Trudeau told his detractors.

"It is a little bit frustrating for me to come in, sit down, look forward to hearing from you, talking with you, and seeing a room full of people who are standing in a way that shows they're not listening," he said.

"And I think it reflects poorly on everyone who does want to listen and engage."

While Trudeau was applauded and cheered by some for defending himself, several delegates shouted back, calling the PM a "hypocrite" and holding signs reading "Keep the Promise."



Protesters turn their backs on Prime Minister Justin Trudeau in Ottawa on Tuesday. THE CANADIAN PRESS

Many of the delegates were upset with the Liberal government's support for the controversial Trans Pacific Partnership trade deal, as well as Finance Minister Bill Morneau's recent comments about "job churn."

This past weekend, Morneau told Liberal party insiders in Niagara Falls that the government needs to prepare for high turnover and short-term contracts

among youth because such jobs are here to stay.

"How do we train and retrain people as they move from job to job? Because it's going to happen. We have to accept that," Morneau said.

The comments prompted cries of arrogance from the opposition Conservatives and New Democrats, who accused the finance minister of lacking

an understanding of Canada's youth unemployment problem.

Many young people at Tuesday's forum, which was organized by the Canadian Labour Congress, voiced frustration about their employment prospects, and booed as Trudeau also suggested that precarious work — including jobs with no pensions — is a fact of life.

THE CANADIAN PRESS

Ontario nurse charged in eight deaths

Friends and families of elderly residents who died in care facilities in Southwestern Ontario between 2007 and 2014 are reliving their pain all over again.

Police laid eight first-degree charges on Tuesday against registered nurse Elizabeth Tracey Mae Wettlaufer, 49, of Woodstock, who is accused of murdering eight elderly nursing home residents between 2007 and 2014.

All the victims were nursing home residents in the Woodstock and London area over a seven-year period.

At a packed news conference,

police said that Wettlaufer allegedly used drugs to end the lives of the eight residents. Police would not say if nursing home records showed that drugs had gone missing.



This investigation is now being treated as a multiple homicide.

William Renton

"This investigation is now being treated as a multiple homicide," said Woodstock

police chief William Renton on Tuesday morning at a news conference.

"Eight victims have been identified," he added.

Wettlaufer has been charged with eight counts of first-degree murder and arrested. She appeared in court at the same time the press conference on her arrest was held, police said.

Police said they believe Wettlaufer also worked at other long-term care facilities in the province. Investigators could not specify which facilities, nor would they speak to a motive.



Elizabeth Tracey Mae Wettlaufer CITYNEWS TORONTO/ THE CANADIAN PRESS

SASKATCHEWAN

Suspect's 'gun just went off'

The afternoon Colten Boushie was killed, police say Gerald Stanley was at home with his son Sheldon when the two heard an SUV drive into his Saskatchewan farmyard. They told police they heard someone get into the family's pickup truck and then get back into the SUV. Sheldon Stanley said he heard the family's quad start up.

What allegedly happened next is contained in information the RCMP submitted to court to obtain a search warrant for the Stanley farm near Biggar, west of Saskatoon, after 22-year-old

Boushie died from a gunshot to the head.

The document says the father and son called police and yelled at one of several passengers, who jumped back into the SUV. They told police the vehicle began to drive off before it swerved at them.

Sheldon Stanley, who was carrying a hammer because he'd been helping his dad build a fence, told police he hit the windshield of the SUV. Gerald Stanley kicked the tail lights, the document says.

Police believe the SUV hit

another vehicle parked in the farmyard and came to a stop, before the driver and a passenger took off.

Sheldon Stanley said he went inside to get truck keys and heard two gunshots. When he stepped back outside, he heard another shot.

He told police he saw his father "who looked sick, with a gun in his hand." Sheldon Stanley said his father told him that he did not know what happened, "that the gun just went off, and he was trying to scare them."


THE CANADIAN PRESS

MUSKRAT FALLS

Premier meets protesters

Newfoundland and Labrador's premier met Tuesday with indigenous leaders to discuss controversial flooding at Muskrat Falls, as Ottawa signalled it is open to extending federal loan guarantees for the megaproject. Security locked the main doors as protesters gathered at the provincial legislature, while Premier Dwight Ball met with leaders over a planned reservoir that critics fear could pose health risks.

THE CANADIAN PRESS



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NORTH OF EXTRAORDINARY



A migrant enjoys the moment before leaving a makeshift camp known as "the jungle" near Calais, northern France, on Tuesday, as officials continue the mass evacuation of the makeshift camp.

EMILIO MORENATTI/THE ASSOCIATED PRESS

Migrants moved from 'the jungle'

FRANCE

Crews destroy migrant camp, leaving many without homes

Crews in hard hats and orange jumpsuits on Tuesday started dismantling a makeshift camp in France that has become a symbol of Europe's migrant crisis while thousands of people remained there waiting to be relocated.

The workers used their gloved hands to tear down flimsy plywood shelters, tarp-covered huts and other temporary buildings at the camp in the port city of Calais known as "the jungle." Backhoes, construction dumpsters and trucks carted off the debris.

The demolition took place under the watch of police officers as authorities are emptying the camp of an estimated 6,300 people who have been living there, down from a height of 10,000 this summer.

"I'm very sad. It's our home

here ... We can't feel anything, even life." Ahmed Anwar, 28, of Sudan, said as backhoes tore up the first dwellings. "No one cares about us."

Local officials said the demolition work would be lengthy given the delicate task of clearing the camp by hand and with small machines. Extra precautions are being taken to make sure no one is inside the structures and that workers are not injured.



I'm very sad. It's our home here. No one cares about us.

Ahmed Anwar

Earlier in the day, police were deployed to keep order among young migrants as French authorities entered the second day of a planned weeklong mass evacuation and closure of the camp.

Dozens of migrants pushed barriers and jumped over railings to get to the temporary process-

ing centre at the camp, the first step to being relocated elsewhere in France and the chance to apply for asylum.

Most identified themselves as unaccompanied minors with relatives across the English Channel in the United Kingdom.

Hassan Ali, a 25-year-old Pakistani who was among the crowds at the gates to the processing centre early in the morning, said he was excited to get resettled and that his three-month stay at the Calais camp had been "an experience of life."

Ali said he hoped to return to university and find a job in France, having been unable to make it to Britain.

On Monday, authorities started emptying people from the makeshift camp that emerged 18 months ago on the French side of the English Channel as the first step toward its demolition.

To discourage migrants from congregating in Calais, authorities last year destroyed half the camp in a haphazard way that drew criticism from human rights groups. THE ASSOCIATED PRESS

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Pakistan Prime Minister Nawaz Sharif talks to a survivor of an overnight attack on the Police Training Academy at a hospital in Quetta, Pakistan on Tuesday. THE ASSOCIATED PRESS

Pakistan still reeling from assault

TERRORISM

Volatile mix of militant groups and sectarianism causes bloodshed

Pakistan is reeling from yet another deadly assault, after militants wearing suicide vests rampaged through a police academy in the southwestern city of Quetta, battling for four hours before blowing themselves up and leaving 61 people dead.

The ability of militants to breach security and kill with ferocity has confounded the country. Extremists have been carrying out numerous attacks for years, killing military personnel, police, school children and worshippers kneeling in prayer.

One reason is the sheer number and variety of extremist groups, some of which have been battling the military in a bid to bring down the government.

Another intertwined reason is the state's complicated relationship with extremists. The powerful military has a history

of using some militants to target neighbour and rival India, and successive governments have sought to win political support from hard-liners by promoting and cultivating extremist ideologies. Then there is also Pakistan's connection with generations of militants involved in the more than 30 years of constant warfare in neighbouring Afghanistan.

WHERE IT ALL BEGAN

When the Soviet Union Russians invaded Afghanistan in 1979, Pakistan became the staging arena for the mujahedeen, or Islamic holy warriors, who fought the Russian occupation in one of the last great Cold War battles.

MILITANT GROUPS

Now a multitude of militant groups are flourishing, championing a variety of causes.

STATE RESPONSE

Despite repeated denials, Pakistan's army is still often accused of being selective in which groups it cracks down on. Pakistan's government has devised a National Action Plan aimed at curbing militancy but many complain its implementation has been erratic.

THE ASSOCIATED PRESS

HEALTH

Nutrition in danger from junk food: UN

A UN expert says junk food is a human rights concern.

Hilal Elver, the UN's special representative on the right to food, said Tuesday the rise of industrial food production combined with trade liberalization has allowed large corporations to flood the global market with cheap, nutrient-poor foods that force poor people to choose between economic viability and nutrition, effectively violating their right to adequate food.

"Within the human rights

framework, states are obliged to ensure effective measures to regulate the food industry, ensure that nutrition policy-making spaces are free from private sector influence and implement comprehensive policies that combat malnutrition in all its forms," she said.

Elver said that countries must go beyond simply ensuring their people the minimum requirements needed for survival and ensure access to food that is nutritionally adequate. She said

that the international community is failing to meet globally agreed upon nutrition targets that seek to eradicate malnutrition in all its forms.

She said that while there were nearly 800 million people living in hunger around the globe, more than 2 billion people suffer from micro-nutrient deficiency and another 600 million people are obese, meaning nearly half the world's population could be considered without access to inadequate food.

Elver said she was particularly concerned by aggressive marketing strategies to promote junk food to children and developing countries. And she called on governments to move away from industrial food systems and embrace more sustainable systems based on ecological balance.

"The first step is to recognize nutrition as an essential component of the human right to adequate food," Elver said.

THE ASSOCIATED PRESS



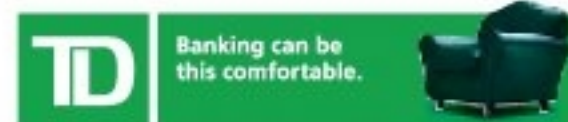
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IN BRIEF

Malfunctioning ride kills four at theme park

Four people including a young mother and her brother were killed Tuesday after a river rapids ride malfunctioned at a popular theme park on Australia's east coast, officials said.

Two men and two women died while on the

ride at Dreamworld, a park on Queensland state's Gold Coast, Queensland police officer Tod Reid told reporters.

Two children who were in the raft were hospitalized, Queensland Premier Annastacia Palaszczuk said Wednesday.

THE ASSOCIATED PRESS

¹ Based on a comparison of 2015 Aeroplan Flight Reward bookings against actual market base fares and leading financial institutions' travel rewards programs' terms and conditions.
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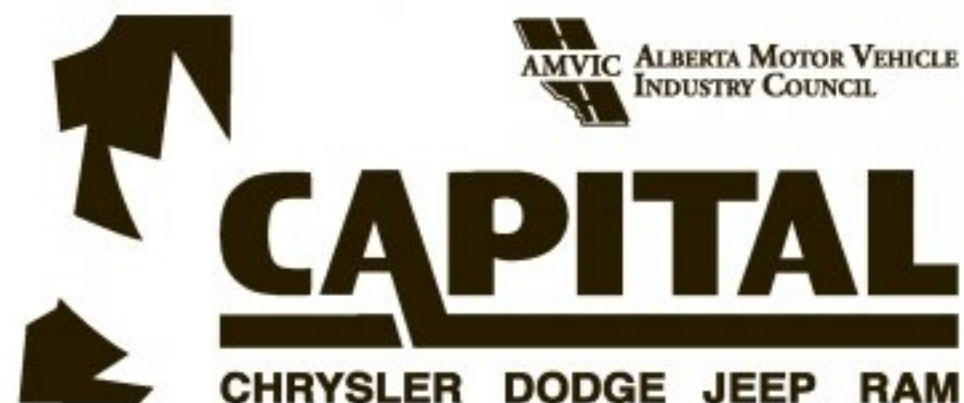
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Belgian region trade deal roadblock

BELGIUM

Tiny region of Wallonia can hijack Canada, Europe pact

It's a serious case of the tail wagging the dog.

For days now, the small Belgian region of Wallonia, population 3.6 million, has been holding up the signature of a landmark free-trade deal between Canada, population 35 million, and the European Union, population 500 million.

Because of Belgium's convoluted constitutional setup, Belgium can only give its approval to the deal if all its regions do, too. Here's a look at the situation.

SEVEN YEARS. ALL FOR NAUGHT?

The trade deal with Canada has been seven years in the making. To make life easier, the 28 EU nations let their executive Commission do the negotiating and in 2014, the process of ratification by EU governments started. All the national governments wanted to officially sign the pact on Thursday with Trudeau. Then, Wallonia cleared

its throat and noted that it had raised some objections months ago and was not ready to sign on.

HOW DID WALLONIA GET THAT IMPORTANT?

Blame the EU — and Belgium. Since the initial talks with Canada finished in 2014, protests increased about this being a secretive deal negotiated by the elite, for the elite, taking the interests of multinationals more at heart than those of common people. To improve transparency, the EU agreed to let national and regional legislatures also have their say. That went relatively smoothly everywhere but Bel-

gium. A largely bilingual nation of Dutch and French speakers, Belgium has over the past half-century given more autonomy to the regions. Since the 1990s, it has also let them have their say on international trade agreements.

WHERE DOES THIS LEAVE THE EU?

Failing to sign a treaty with a longtime ally because of the objections of a region in a single state looks bad and smacks of incompetence. The EU will try to negotiate with Wallonia to solve its last objections.

THE ASSOCIATED PRESS



Protesters hold inflatable letters as they demonstrate outside a meeting of EU trade ministers at the EU Council building in Luxembourg on Oct. 18. THE ASSOCIATED PRESS FILE

HEALTH

Shoppers Drug Mart applies for pot licence

Shoppers Drug Mart has submitted an application to distribute medical marijuana — a move that could change how patients get access to the drug.

But although the pharmacy chain says allowing it to dispense cannabis would improve patient care, some industry players are voicing concerns that users could face higher prices and have access to fewer strains.

Federal regulations only allow registered patients to buy cannabis directly from licensed producers, who send the product to clients by mail.

That means that even if Shoppers Drug Mart's application is approved, Canada's largest pharmacy chain won't be permitted to sell medical marijuana unless Ottawa revises the rules.

Shoppers Drug Mart spokeswoman Tammy Smith says the company is hopeful that the federal government will do so.

Industry association Cannabis Canada says adding a middleman such as a pharmacy could provide some benefits — for example, medical marijuana users would be able to consult with their

pharmacists face-to-face — but it may also come with some downsides.

Consumers may end up paying a higher price, says Colette Rivet, executive director of Cannabis Canada.

"There's a dispensing fee on all pharmaceuticals," Rivet said.

"At Shoppers Drug Mart they pay a certain price for the pills but then they add a dispensing fee to cover their administrative costs."

The number of clients registered with Health Canada to use medical cannabis has grown. At the end of June there were 75,166 registered clients under the medical marijuana regime, according to the Health Canada's website.

That's up 40 per cent from the previous quarter, when there were 53,649 clients.

Rexall spokesman Derek Tupling said the company continues to monitor the situation.

When asked about Shoppers Drug Mart's application, federal Health Minister Jane Philpott highlighted the "strict regulatory regime" in place for access to medical marijuana.

THE CANADIAN PRESS

DISPUTE SETTLEMENT

Leaders to address concerns

One day before Belgium's Wallonia region formally rejected the Canada-EU free trade deal, the two sides pledged in writing to strengthen the controversial dispute settlement section of the pact.

The apparent concession to the Walloons was made Oct. 13 in a short annex Canada and Europe crafted to assuage critics of the Comprehensive Economic and Trade Agreement (CETA).

The two sides said they would do more work to ensure the people appointed to dispute tribunals were free of bias and conflicts of interest.

A leaked document provides insight into the sticking point.

"The European Union and its member states and Canada have agreed to begin immediately further work on a code of conduct to further ensure the impartiality of the members of the tribunals, on the method of their remuneration and the process for the selection," said the line that was added to the Oct. 13 "Joint Interpretative Declaration."

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Shoppers make their way around the Toronto Eaton Centre in December 2015. TORSTAR NEWS SERVICE

COMMERCE

Malls must diversify to attract people: Experts

The rise of online shopping is forcing Canadian malls to diversify and become destinations that offer a range of services including entertainment and sporting venues in addition to traditional clothing stores, a Montreal real estate conference heard Tuesday.

"The mall has to become more interesting," said Eric Foster, a real estate consultant who helped develop the large, mixed-use DIX30 shopping complex

on Montreal's south shore. Its amenities include 65 restaurants, food shopping, an indoor soccer venue and a training centre for the Montreal Canadiens.

"We have to give different reasons for people to move out of the house, take the car and get to the mall in a nicer environment, with more choices," said Foster.

While some large mall owners are investing in changes, he said considerable spending is

required because many properties in urban centres like Montreal are more than 40 years old.

Power centres that only offer a series of big stores is not the answer, he added.

Consumers of all ages, but particularly millennials, are seeking places to meet others and enjoy new experiences and malls can deliver that venue, said Emeka Mayes, director of acquisitions for First Capital Realty, one of Can-

ada's largest commercial property owners with 161 properties in four provinces.

Manon Larose, vice-president of retail leasing for Quebec-based Cominar, said Canadian malls have to reinvent themselves to convince people to stay longer and spend more money.

That includes adding daycare centres, medical facilities and gyms, she said.

THE CANADIAN PRESS



TIM QUERENGESSER ON CBC'S UNFAIR ADVANTAGE

New federal funding isn't paying for journalists in the hinterlands. It's further solidifying the Corp.'s dominance of the mobile news pie, to the loss of everyone.



Back in June 2014, when the Canadian Broadcasting Corporation lost the rights for Hockey Night in Canada, Canada's private news media's future was set, more or less, to "Screwed."

The Ceeb was losing its fattest revenue vein and entering survival mode just as news reportage was migrating to smartphones from newspapers, televisions, radios and desktop computers. It was then, as the broadcaster looked to reinvent itself, that all of us should have demanded its mandate be revisited — for every other news organization's sake.

Two years later, without that re-examination, the CBC's future is healthy while its competitors in privately owned print news cling to life. The reason: the CBC's wholesale migration to the mobile web, by way of which our tax dollars are underwriting print news (and now even newspaper-like opinion) for the price — zero — that most Canadians are willing to pay to read such stuff on their iPhones.

Last month, Canada lost the 111-year-old weekly print edition of Maclean's (it will now only publish weekly online, monthly in print) as part of the slow-motion cull in print news caused by advertising dollars flocking to other platforms. And last week, Postmedia announced it will

Is it really in Canada's best interest that a taxpayer-funded corporation is helping accelerate private media's demise?

lance 20 per cent from its salary load, which means more reporter losses on top of the 800 full-time jobs it has already shed in 2016.

Meanwhile, the Liberals have goosed the CBC's budget by \$75 million this year and \$150 million in

surprisingly, the words "digital" and "online" don't appear. Instead, the mandate notes the CBC "should provide radio and television services" (in other words, the "broadcast" part of CBC) and should deliver these services "by the most appropri-



1991 WAS ALONG TIME AGO The last time the CBC's mandate was revised, Peter Mansbridge looked like this. TWITTER

years to come.

Ordinarily, I'd celebrate this with a craft beer during my nightly enjoyment of As it Happens. But I can't.

The new federal money isn't saving the mythical, journalists-in-the-hinterlands CBC. It's further solidifying the Corp.'s dominance of the Canadian mobile news pie, to the loss of everyone, including the non-broadcast newspapers and news websites, which are so vital to Canadian democracy.

And, yes, that means Metro, too.

The CBC's mandate was last revised in 1991. Un-

ate and efficient means."

Let's think about that. Radio and television services can be many things, but they definitely aren't written web stories aimed at smartphone readers (though, to be fair, the CBC effectively used the web as an actual broadcast tool with the recent Rio Olympics, during which Canadians web-streamed hundreds of hours of coverage).

So when the CBC moves to increasingly monopolize the national, print-based smartphone audience, devaluing what the public thinks such news costs to produce, while simulta-

neously slashing regional newsrooms (in Edmonton and myriad other smaller markets, it's a running joke that few hold the high-pay title of "reporter" any longer), I have to cry foul.

While other media struggle to find new ways to pay journalists, the CBC simply continues to lure talent with a publicly funded alternative. Recently, it announced it will soon pay high word rates for opinion columns from outside contributors. Result: The usual publications in which I'd pay more to read this more exclusive, analytical stuff — The Toronto Star, The Globe and Mail, the National Post and a million of their smaller-market siblings — all just received a publicly funded kick while they're already down.

Let's be clear: Private media has to figure out its own future. As Postmedia's recent numbers show, print advertising isn't going to save us. But as we reinvent ourselves, is it really in Canada's best interest that a taxpayer-funded corporation is helping accelerate our demise — one so seemingly precipitous that some have suggested newspapers also receive public subsidies?

No. The CBC's mandate needs to reflect the reality of today, not 1991, when a floppy disk could hold just 2.8 megabytes. Knowlton Nash had just retired and the worldwide web was a thing only academics talked about. The CBC's mandate says "broadcaster"; the CBC's actions say otherwise.

Tim Querengesser is the managing editor of Metro Edmonton.

VICKY MOCHAMA

Modest proposal: Black women do all the voting

Beyoncé's Formation album and tour, Simon Biles at the Olympics, Michelle Obama's entire existence — black women have given the world so much. So: what if everyone else gave back and let only black women vote?

I find myself in the odd position of casually disenfranchising 90 per cent of Americans to suggest that, perhaps, only black women should go to the polls. Since we've learned that we're comfortable with fascism as long as it's entertaining, I'll make my case.

When I wrote about "nasty woman" t-shirts being a white woman's privilege, I started thinking about how black women actually figure into the presidential election. For black women, it's really not a simple choice. The Clintons do not have a strong legacy of supporting black communities. From Bill's community- and wealth-crushing welfare and crime legislation to Hillary's use of the term "super-predator" to describe black convicts to, more recently, her 2008 campaign's racially coded messaging (e.g., bragging about her support among whites), there are reasons for black women to not vote for her.

It's why a lot of black women joined the hashtag #GirlGuessImWithHer. Clinton might not demilitarize the police but she at least knows that not all African-Americans live in the inner cities.

Sure, other groups are up to the task of saving democracy. Hispanic voters, most millennial groups and women

overall could handily elect Clinton. But only black women would hand Donald Trump a truly humbling loss — a huge defeat, the hugest ever.

According to a YouGov poll, 90 per cent of black women will vote for Clinton (this, despite her having once whipped and nae-nae'd). I'm not sure what's going on with the other 10 per cent, so I'll guess that they're planning a write-in vote for any member of the Obama family, including Bo and Sunny, the dogs.

Ninety-four per cent of black women voted for Barack Obama in 2008 and 2012. In the primaries, Clinton won over 85 per cent of black female votes in states like Texas, Alabama and Georgia. Black women will ride-or-die for Democratic candidates.

The Mothers of the Movement, women who've lost family members to police violence, spoke at the Democratic convention and at campaign stops. Campaign Zero's Brittney Packnett endorsed Clinton. And even black women who don't ride for Clinton per se still voted for her. For example, #BlackLivesMatter co-founder Alicia Garza said to Elle magazine, "I voted for Clinton, but I don't support Clinton. I'm not 'with her' and I don't and won't endorse her."

Considering the threat to democracy and White House décor that Trump represents, let's dispense with suspense. He's going to claim it was rigged; we might as well rig it.

Everyone else can rest easy at home. Black women have got this.

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RECIPE

These fun ideas go beyond the regular treats

These 2 recipes are devilishly delicious, and the kids will have fun making them too.

Pineapple, Carrot and Apple Juice

The kids will never guess this sweet, wicked-looking brew is healthy.

The impressively frothy head comes from juicing the fruits and vegetable from scratch, while we've got the carrots to thank for the thematically appropriate colour.

The result is terrifyingly tasty, especially served chilled in a mad scientist's beaker!

Servings: 1.

Ingredients:

- 1/4 pineapple, peeled
- 2 carrots, peeled
- 1 green apple, cored

Directions:

1. Cut the fruit and carrots into pieces, if needed, and process through a juicer. Use chilled fruit or add ice cubes for a refreshing juice.

Marshmallow Ghosts

A mere 15 minutes is all it takes to scare up a batch of marshmallow ghosts, plus a little waiting time as they cool (you've got trick-or-treaters to cater to anyway).

Gelatin is the active ingredient here, whipped up with corn syrup and sugar



This sweet, wicked-looking brew is healthy, too, with pineapple, carrot and apple juice. TORSTAR NEWS SERVICE



These marshmallow ghosts are a fun treat for little hands. TORSTAR NEWS SERVICE

until frothy and silky smooth. The classic marshmallow flavour comes from vanilla extract, and black food colouring gives the pillowy ghosts haunted expressions.

Prep: 15 minutes
Cooking: 2 minutes
Cooling: 2 hours
Servings: Makes 6 large marshmallows

Ingredients for the marshmallows:

- Vegetable oil

- 1 tbsp gelatin
- 1/4 cup (60 mL) water
- 1/3 cup (70 g) sugar
- 1/3 cup (75 mL) light corn syrup
- 1/2 tsp vanilla extract
- 1/4 cup (35 g) icing sugar
- 1/4 cup (35 g) cornstarch
- 6 long lollipop sticks or coffee stirrers

Ingredients for the icing:

- 1/4 cup (35 g) icing sugar
- A few drops of water
- Black gel food colouring

Directions for the marshmallows:

1. Lightly oil six ice-pop moulds.
2. In a small saucepan, sprinkle the gelatin over the water and let bloom for 5 minutes.
3. Add the sugar and warm over low heat, stirring until the sugar and gelatin have dissolved. Pour into a bowl.
4. Add the corn syrup and vanilla and beat with an electric mixer until it forms a soft meringue. With a pastry bag fitted with a large tip, fill the ice-pop moulds.
5. Insert a lollipop stick at the centre of each mould and refrigerate for 2 hours.
6. On a plate, combine the icing sugar and cornstarch.
7. Unmould the marshmallows and gently roll in the icing sugar mixture. Shake to remove any excess.

8. Place the ghosts in a tall glass filled with small black and orange pebbles.

Directions for the icing:

1. In a bowl, combine the sugar, water and food colouring.
2. Use a paper cone or a small pastry bag to pipe the eyes on the ghosts.

Keep the marshmallows well wrapped, at room temperature, until ready to serve.

TORSTAR NEWS SERVICE

LITERATURE

Thien wins Governor General literary award

For writers, few days get bigger than this.

Madeleine Thien Tuesday won the 2016 Governor General's Literary Award for fiction, worth \$25,000, for her novel *Do Not Say We Have Nothing*. Later, the Montreal-based writer attended the 2016 Man Booker Prize ceremony in London as one of six finalists — and one of two Canadians — vying for the £50,000 (\$81,000) award. She was in pole position to end a 14-year Man Booker drought for Canada, according to some bookies who had her listed as 2:1 to win.

Instead, Paul Beatty, author of *The Sellout*, a satirical novel about modern slavery and a race trial, made history as the first American to win the prestigious prize.

The other Canadian in this year's race was Montreal-born David Szalay for *All That Man Is*, who was joined on the list by Scotland's Graeme Macrae Burnet for *His Bloody Project*; Deborah Levy for *Hot Milk*; and Ottessa Moshfegh for *Eileen*. Like Thien, Szalay has a Montreal connection — he was born there, but moved to England when

he was a year old and now lives in Hungary.

The last Canadian to win both the GG and the Booker prize in the same year was Toronto-Sri Lankan writer Michael Ondaatje for *The English Patient*, in 1992.

Since, then, two other Canadians have won: Yann Martel was the last in 2002 for *The Life of Pi*. Margaret Atwood also won in 2000 for *The Blind Assassin* — along with Ondaatje these are the only Canadian writers ever to win the prize.

For Thien, 42, the impact of *Do Not Say We Have Nothing*, her

fourth book, is astonishing; along with the GG and Booker prizes, it's also been short-listed for the \$100,000 Scotiabank Giller Prize which will be awarded on Nov. 7, and the Quebec Writer's Federation Literary Award.

"I think I might be at the limit of excitement," she said in September, the week she found out she was on the Giller and Booker shortlists.

The story begins in Canada where a Chinese family takes in a young woman who fled China after the Tiananmen Square protests, but is mostly set in China,

and follows the lives of two generations, musicians whose lives were affected by Mao's Cultural Revolution.

"It felt like it was taking a lot of risks for me," the Vancouver-born writer who now lives in Montreal told the Star in an earlier interview. She'd never tackled an epic scale in her previous books, the "kind of the whole-hearted, no holds barred immersion into China, Chinese culture, language, revolution and a kind of almost Dickensian story-telling" evident in her latest book. TORSTAR NEWS SERVICE



Madeleine Thien
THE CANADIAN PRESS

BOOK EXCERPT DOLCE FAMIGLIA BY DAVID ROCCO

Arancini like grandma's



To me, this is fun food, finger food. My earliest memories of arancini take me back to Italy, when my grandmother would make it for us as a snack for afternoons on the beach. It's compact, easy to eat and kid-friendly. My kids love them, and leftovers make great school lunches.

Arancini
Serves 6

Ingredients:

- 2 cups (500 mL) white rice or leftover Risotto Bianco
- 2 cups (500 mL) Basic Tomato Sauce
- 1 cup (250 mL) freshly grated Parmigiano Reggiano
- ½ cup (125 mL) all-purpose flour
- 1 egg, beaten
- 1 cup (250 mL) plain dry bread crumbs
- 3 oz (90 g) mozzarella, cubed
- Extra-virgin olive oil, for frying

Directions:

1. Put the rice or risotto in a bowl, add the tomato sauce and Parmigiano, and stir everything together.
2. You'll need three shallow dishes placed side by side. Place the flour on one dish, the beaten egg in another, and the bread crumbs in the last dish.
3. Scoop out a handful of the rice mixture and form it into a ball. Using your thumb, make a depression in the middle of the rice ball. Place a couple cubes of mozzarella inside, and then reshape the ball so the cheese is fully enclosed.



Repeat until you have used up all of the rice. Then roll each ball first in the flour until it's lightly coated, then in the beaten egg (let any excess drip off) and finally in the bread crumbs so that it's evenly coated.

4. You can either pan fry or deep-fry the rice balls. To pan fry, fill a pan with about ½ inch (1 cm) of olive oil and put it over high heat. You want to heat the oil until it's very hot so the balls fry quickly and stay crisp on the outside. To see if the oil is hot enough, drop in a few bread crumbs: If the crumbs sizzle the instant they hit the oil, you're good.

5. Working in batches so you don't crowd the pan, carefully

fry a few balls at a time, turning them occasionally so they cook evenly all over. When they're golden brown, transfer them to a plate lined in paper towels to drain.

6. If you are cooking the arancini in a deep fryer, pre-heat the oil according to the manufacturer's instructions, then gently drop the balls into the hot oil, a few at a time, and cook until golden brown all over. Transfer them to a plate covered with paper towels to absorb excess oil. Remember, all of the ingredients are already cooked, so this step is just to give the arancini a crisp, golden exterior and melt the mozzarella inside. Serve warm or at room temperature.

A sandwich that's sweet

I love the combination of mascarpone and Nutella. The mascarpone tones down the sweetness of the Nutella and gives it an even more silky, luxurious texture. I often combine the two on pizza bianca for a delicious dessert pizza. Sweet carrozza is another way to combine the two. It's a spin on the classic Neapolitan grilled cheese sandwich, Mozzarella in Carrozza.

Sweet Carrozza
Serves 6

Ingredients:

- 12 slices white sandwich bread
- Nutella
- Mascarpone
- 2 bananas, sliced into rounds
- 4 large eggs
- 1 tbsp (15 mL) extra-virgin



- olive oil
- Icing sugar, for sprinkling

Directions:

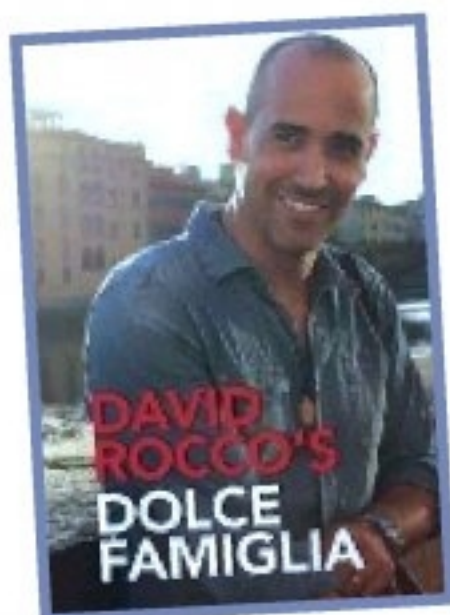
1. For this recipe, I recommend using a non-stick pan if you have one. For each sandwich,

cover one slice of bread with Nutella and the other with mascarpone. It's all quanto basta, so you can take liberties on how decadent you want to make these. Put a few slices of banana on one side and close it up as you would any sandwich.

2. Heat the olive oil in a frying pan over medium heat.

3. Beat the eggs in a shallow bowl. Dip each sandwich in the eggs, completely coating both sides. Working in batches, transfer the coated sandwich to the frying pan, and fry on both sides until golden.

4. To serve, cut each sandwich in half and dust with icing sugar.



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The Civic hatchback, all grown up



REVIEW

First hatch in 17 years delivers just like the sedan



Dan Ilika
AutoGuide.com

It's hard to believe it's been almost 17 years since a hatchback version of the Honda Civic was last sold in North America.

Sure, there was Honda's half-hearted attempt at reviving the beloved body style in the early 2000s with the niche three-door Civic Si, but even that was discontinued more than a decade ago, leaving a huge gap in the automaker's lineup. But Honda is ready to make up for lost time with an all-new Civic hatch aimed at fun and function.

In bringing the Civic hatch back to North American shores, Honda has cranked up the car's practicality with the addition of two rear doors. It rides on the same platform as the sedan and coupe models, but measures about 114 millimetres shorter than both, giving the Civic hatch a sportier stance than its stablemates — its wheels sits closer to the corners.

As expected, the Civic's continuously variable transmission displays a moderate amount of the 'rubber band' effect typical when the pedal is pressed hard,

but quiets down when cruising.

Driving the twisting roads of Ontario's cottage country put the Civic hatchback's taut chassis to the test and it responded well, behaving more like the coupe than the sedan. Steering feel is still a little numb, but the variable-ratio setup helps tighten it up as the car reaches higher speeds and responds well to input.

The Civic hatch drives a bit like a mash-up of the coupe and sedan, feeling sporty enough to have fun while offering the all-important commuter comfort that's key in this segment.

The front of the Civic hatch's cabin looks and feels a lot like the sedan's, and that's because it is a lot like the sedan's. It looks every bit as modern as the rest of the Civic family but it could benefit from some soft-touch materials in place of the hard plastics found on the doors and dash.

When it comes to safety features, the Civic leads in the segment. Features like cruise control and automatic headlights are standard, while the Honda Sensing suite adds forward collision warning with collision mitigation braking, lane-keep assist and adaptive cruise control.

The car plays into the nostalgia of an entire generation, stirring up high school memories of unadulterated fun. It's a much more mature car now, so it's not the same Civic hatchback we grew up with, but rather a grown up car that's still fun and not too grown up.

THE CHECKLIST | 2017 HONDA CIVIC HATCHBACK

THE BASICS

Engine: 1.5L turbocharged four-cylinder
Transmission: Six-speed manual; continuously-variable auto
Power: 174 hp, 167 lb-ft of torque (manual)
Fuel Economy (litres/100 km): 8.0 city, 6.2 hwy (manual); 7.7 city, 6.0 (CVT)
Price: Starts at \$21,390



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- Manual transmission
- Cargo capacity

LEAVE IT

- Cheap base interior
- Still no volume knob

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This Ford Mustang's a brick house

EUROPE

Germany looks to ban internal combustion engine by 2030

A resolution has passed in Germany's Bundesrat, only zero-emissions vehicles will be allowed or sale on the market after that time. The resolution also encourages the EU Commission to "review the current practices of taxation and dues with regard to a stimulation of emission-free mobility."

JASON SIU/AUTOGUIDE.COM



WHEELS ROUNDUP

News driving the auto industry brought to you by AutoGuide.com

ALL PHOTOS HANDOUT EXCEPT ENGINE (ISTOCK IMAGES)



JAPAN

This smart car was fit to print

Honda teamed up with 3D printer Kabuku Inc. to unveil an urban delivery vehicle at CEATEC Japan 2016, featuring 3D-printed body panels. The creation was built for Toshimaya, a company that needed a subcompact van to deliver shortbread in its hometown of Kamakura, which has very narrow roads.

JASON SIU/AUTOGUIDE.COM



LEGO

Mustang car master pieces

Built from 200,000 LEGO pieces, LEGOLAND Florida has created a life-sized replica of a 1964 Ford Mustang V8 coupe. The project consists of 194,900 standard LEGO bricks and DUPLO bricks, measuring more than 15 feet long, nearly 6 feet wide and over 4 feet

tall. It tips the scales at 1,712 pounds. The replica also includes a virtual horn and the sounds of a real Mustang engine, which is a first for a life-size LEGO vehicle. The project first debuted at the Indianapolis Motor Speedway and now has a permanent display outside the Ford Driving School attraction at LEGOLAND Florida Resort and will replace the onsite Ford Explorer.

JASON SIU/AUTOGUIDE.COM

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MARKETING

Lincoln turns to Anne Leibovitz for Continental marketing photography

The marketing campaign is called "That's Continental," and as its name suggests, it will focus on the new Lincoln Continental sedan.

The unconventional campaign features a series of photo spreads taken by iconic photographer Ann Leibovitz, which will appear uncredited in high-end print publications and social media feeds. Leibovitz has photographed celebrities, literary icons, politicians and high-profile events, but the Lincoln Continental is her first foray into automotive photography.

JASON SIU/AUTOGUIDE.COM

+ BACKGROUND

McLaren's on ice

Starting Jan. 15, enthusiasts can enjoy the McLaren 570S Coupe during the company's inaugural ice driving experience, the Pure McLaren Arctic Experience, 15 against the backdrop of northern Finland, 200 miles into the Arctic Circle. They will team up with winter testing facility Test World for the three-week event.

JASON SIU/AUTOGUIDE.COM



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Taking Canadian basketball to new heights

Danilo Djuricic is considered one of the best shooters in the world for his age. He recently announced his commitment to Harvard University, which had been recruiting him since Grade 9. CONTRIBUTED

WE THE NORTH

Who's holding court? These homegrown ballers have got next

Sean Deasy

It's no secret basketball is on the rise in Canada. It seems only fitting, since the sport's inventor, Dr. James Naismith, came from the Ottawa Valley.

Today, from neighbourhood playgrounds to pro arenas, more Canadian players are embracing a game that for so many years was overshadowed by hockey and, well, every other major professional sport. Now Canada can boast world-class athletes and coaches, who are honing their skills right at home and taking their country to new levels. Here's a glimpse of just some of the homegrown stars helping to put Canada on the basketball map.

Kia Nurse: Rising talent

Kia Nurse, a 20-year-old guard for the Connecticut Huskies and the Canadian national team from Hamilton, Ont., participated at

the 2014 FIBA World Championship and won a gold medal at the 2015 Pan American Games. Seems young for such accomplishments? Nurse has always outperformed for her age. She began dribbling a basketball at age four, and was playing in a competitive league by age seven.

As a teenager Nurse won 10 provincial championships between her high school and club teams. Still in high school, she was invited to train with Canada's national team as a future prospect. Nurse played so well she earned a spot on the squad. Now she's set to take her game — and Canada — to new heights.

Dwight Powell: True power

Talk about real power — both brain and brawn. Not only is Dwight Powell a power forward for the Canadian national team and for the Dallas Mavericks, he's also a graduate of prestigious Stanford University.

He grew playing basketball in Toronto inspired by the Raptors and Canadian icon Steve Nash, but didn't get serious until middle school. He was a standout in high school in Florida, and went on

to an illustrious college career. As a senior Powell earned first-team All-Pac-12 honours for the second straight year, and was named to the NCAA All-South Regional Team. He was also named the Pac-12 Scholar-Athlete of the Year.

Now he's looking to help Canada grow in stature on the global basketball stage.

Alyssa Jerome: Canadian U-18 phenomenon

What do you do growing up with

a passion for basketball? You compete with anyone and everyone to get better. That's just what teenage phenom Alyssa Jerome has done in her hometown of Toronto. Did it work?

Jerome tried out for her provincial team — and made it. She then tried out for — and made — the national team. And in just her second year, she led the U-17s to a world championship. Now she's the No. 1 ranked U-18 player in Canada — at just 16. Now she's poised to take her game — and her studies — to the next level south of the border: She has just committed to Stanford University.

Danilo Djuricic: Shooting star

This is a baller whose shooting for the stars. Not only is six-foot-eight Danilo Djuricic a key player for the future of Canadian basketball, he's also one accomplished young man. The A-student recently announced his commitment to Harvard University, which has been recruiting him since he was in Grade 9. Considered one of the best shooters in the world for his age, Djuricic helped guide the Canadian team to a silver medal at the U-18 FIBA Americas in 2015.

Djuricic, 17, who grew up in Brampton, Ont., was inspired by other hardworking Brampton ballers like Anthony Bennett. The forward is looking to continue to polish his game and, after graduation, has dreams of making it in the pro league.

Natalie Achonwa: Power broker

Natalie Achonwa knows how to get things done. Not only was the forward selected ninth overall in the WNBA draft by the Indiana Fever, but at just 23 she's already a two-time Olympian who has won three international medals with Team Canada. She is also the youngest player ever selected to the Canadian senior national team at age 16.

Achonwa was recruited as the first ever international player on the Notre Dame Fighting Irish women's basketball team. In 2011, Achonwa was named to the big east all-freshman team and was selected big east freshman of the week in her freshman season. In her junior season, she was named as an honorable mention for the Associated Press all-America team.

The Guelph-Ont.,-born baller is now looking forward to what the Canadian women's team is about to unleash on the rest of the basketball world.



Clockwise from top left: Kia Nurse, Dwight Powell, Alyssa Jerome and Natalie Achonwa. CONTRIBUTED PHOTOS



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Investor Chris Hansen and the group looking to bring the NBA back to Seattle have offered to pay for a new arena with private funds

NBA

Cavaliers open title defence with a win

LeBron James had his 43rd career triple-double, Kyrie Irving scored 29 points and the Cleveland Cavaliers, who raised their championship banner before the game, beat the New York Knicks 117-88 on Tuesday night in the NBA season opener.

James scored 19 points and added 11 rebounds and 14 assists in front of a raucous home crowd that was on its feet from the pre-game ceremony until late in the game, celebrating the city's first championship in 52 years.

James, who spoke to the crowd before the game, continued his perfect record on ring nights. He was 2-0 when the Miami Heat players were presented with their championship rings.

Irving scored 19 points in the third quarter, when Cleveland used a 20-4 run to take a

TUESDAY In Cleveland

117 88
CAVALIERS KNICKS

74-53 lead. Kevin Love scored 23 for the Cavaliers.

Carmelo Anthony led New York with 19 points and Derrick Rose had 17.

Cavaliers guard Iman Shumpert was taken to the locker room late in the third quarter with concussion-like symptoms after colliding with Kristaps Porzingis.

The basketball game was only part of a big night in town. The Cleveland Indians played Game 1 of the World Series against the Chicago Cubs across the street at Progressive Field. THE ASSOCIATED PRESS



PEREZ, CLEVELAND ROCK CUBS IN GAME 1 Cleveland's Francisco Lindor steals a base ahead of Cubs second baseman Javier Baez during Game 1 of the World Series on Tuesday night in Cleveland. Roberto Perez belted two home runs, driving in four runs, and Corey Kluber struck out nine batters in six innings as Cleveland won 6-0. ELSA/GETTY IMAGES

Bauer's pinkie not an issue any more

WORLD SERIES

Tribe starter tests his digit, finds its bloody days are over

The last time the baseball world caught a glimpse of Trevor Bauer's mangled pinkie finger on his right hand, it was grotesquely dripping blood onto the pitching rubber in Toronto during the AL Championship Series.



Trevor Bauer
GETTY IMAGES

Unlike most horror movies, however, Bauer has no plans for a sequel. The Cleveland Indians pitcher is confident the mound will be blood-free when he starts Game 2 of the World Series on Wednesday night against the Chicago Cubs. Bauer tested the finger — notoriously hurt while he was tinkering with a drone



Blood drips off Trevor Bauer's pinkie finger during Game 3 of the ALCS in Toronto on Oct. 17. RICHARD LAUTENS/TORSTAR NEWS SERVICE

— during a simulated game on Monday. He wore gauze over the finger — a no-no during an actual game — just to see if it could withstand the pressure placed on it when Bauer grips the ball and lets it rip.

When Bauer unwrapped the finger after throwing about 20 pitches, he exhaled.

"We took it off and it was completely white, so it was a non-issue," Bauer said.

That was hardly the case in Game 3 of the ALCS, when Bauer lasted all of two outs and 21

pitches, the still fresh wound ripping open and caking Bauer's jersey, pants and portions of the mound in blood. The Indians won anyway, relying on six relievers to get the final 25 outs in a 4-2 victory. Bauer is confident he'll be able to carry more of a workload this time around against Chicago's Jake Arrieta.

"I'm prepared," said Bauer, who went 12-8 with a 4.26 ERA in the regular season. "I'm going to go out there and execute to the best level of my ability, and it's going to be what it's

going to be."

Arrieta showed his remarkable run to the 2015 Cy Young was no fluke, though the dominance that came to him so easily last season was much more difficult to come by this summer. Arrieta went 18-8 with a 3.10 ERA in 2016, though he struggled at times down the stretch, posting a 5.01 ERA in his final four regular-season starts. He's been OK if hardly spectacular in the playoffs, getting a no-decision in Game 3 of the Division Series against San Francisco and surrendering four runs in five innings of a Game 3 loss to the Dodgers in the NLCS.

THE ASSOCIATED PRESS



The Cavaliers raise their championship banner before their game against the Knicks on Tuesday. EZRA SHAW/GETTY IMAGES

IN BRIEF

Brown released by Giants

The New York Giants have released placekicker Josh Brown after police documents revealed Brown had admitted to repeatedly abusing his former wife while they were married.

The release came Tuesday shortly after the player issued a statement insisting that he never hit his wife during a six-year period when he admits spousal abuse. Giants president John Mara says the team was "misguided" in how it handled its relationship with Brown.

THE ASSOCIATED PRESS

CFL honours three

B.C.'s Emmanuel Arceneaux, Hamilton's John Chick and Calgary's Jerome Messam were named CFL top performers of the week on Tuesday.

Arceneaux scored two TDs and caught eight passes for 132 yards in the Lions' 32-25 victory over Edmonton. Chick had two sacks and forced a fumble in Hamilton's 39-36 overtime win over Ottawa.

Messam rushed for 111 yards on 10 carries in Calgary's 31-13 victory over Toronto. THE CANADIAN PRESS

23

Cleveland may look to run on the Cubs's starting pitcher in Game 2: opponents were safe on 23 of 26 stolen-base attempts against Jake Arrieta during the season.



Penguins centre Sidney Crosby skates over the Panthers' Shane Harper on Tuesday night. FRED VUICH/THE ASSOCIATED PRESS

NHL

Crosby returns to tame Panthers

Sidney Crosby scored in his season debut as the Pittsburgh Penguins rallied to beat the Florida Panthers 3-2 on Tuesday night.

Crosby, who scored on a power play, missed the team's first six games with a concussion.

Carl Hagelin and Eric Fehr also scored for the Penguins, who extended a seven-game unbeaten streak against the Panthers.

Marc-Andre Fleury, who has started the first seven games of the season for Pittsburgh, stopped 20 shots. Matt Murray, who backstopped the Penguins to a Stanley Cup in June, served as the backup to Fleury after mis-

TUESDAY In Pittsburgh

3	2
PENGUINS	PANTHERS

sing the first six games with a broken hand.

Reilly Smith scored a power-play goal and Mark Pysyk also scored for the Panthers, who have lost 11 of 12 against the Penguins in Pittsburgh. Former Leafs goalie James Reimer made 19 saves in his second start of the season.

THE ASSOCIATED PRESS

NHL IN BRIEF

Seventh heaven for Bolts

Tampa Bay's Steven Stamkos matched a career-high with four points (two goals and two assists) as the Lightning struck with a 7-3 win over the Leafs in Toronto.

Leafs goalie Frederik Andersen gave up seven goals on only 24 shots, the third time in five starts that he's allowed at least five goals. William Nylander, James van Riemsdyk and Auston Matthews scored for the Leafs. THE CANADIAN PRESS

Flames cruise past Blues

Brian Elliott stopped 23 shots in his return to St. Louis. Johnny Gaudreau and Sam Bennett each had a goal and an assist and the Calgary Flames beat the Blues 4-1 on Tuesday. Dennis Wideman and Deryk Engelland also scored to help the Flames snap a seven-game losing streak at St. Louis.

Kevin Shattenkirk scored for the Blues and Carter Hutton made 26 saves. THE ASSOCIATED PRESS

Being successful a new challenge for Oilers

NHL

Lucic keen for Edmonton to continue great start to season

The NHL season is still young, but the Edmonton Oilers find themselves navigating a new and somewhat disorienting challenge — success.

The Oilers have won five of their first six games. With 10 points, they sit second overall in the NHL, behind Montreal, and tops in the Western Conference heading into NHL action Tuesday. It's new territory for a tire fire franchise that has missed the playoffs for 10 seasons in a row in a water-torture drip of lose-lose-win, lose-lose-win, lose-lose.

"Learning how to keep your foot on the gas pedal — that's one of the hardest things to learn," said Oilers winger Milan Lucic after practice Tuesday at Rogers Place. "A lot of guys in here haven't even played a play-off game."

"Coming to the rink wanting to win and expecting to win. It all starts with the mindset. That's how you build that culture," Lucic, a bruising Mack Truck-style forward, won a Stanley Cup with Boston and has been one of the key improvements this year. But the Oilers have the arrows pointing up across the board.

The addition of Adam Larsson



The Oilers celebrate a goal against the Buffalo Sabres in early October. Edmonton is on a tear right now having won five of their first six games this season. CODIE MCLACHLAN/GETTY IMAGES

along with Kris Russell and a healthy Oscar Klefbom has solidified the defence.

Goaltender Cam Talbot leads the NHL with five wins and captured the league's first star award this week. Connor McDavid is tied for the NHL points lead, with four goals and five assists. His linemate, Jordan Eberle, has three goals and three assists.

The Oilers are tied for second in the NHL in goals scored, with

23. Chicago has 25.

They're plus-seven in goal differential, second only to Montreal. They're scoring on the penalty kill and getting scoring contributions from bottom-six forwards like Tyler Pitlick. They have also been beating up on some lesser lights: Calgary twice, Carolina and Winnipeg. But then they also made a statement last week by shutting down a strong St. Louis team 3-1.

Head coach Todd McLellan pointed out the Oilers won the first two games of the year against Calgary, then fell apart and got shelled 6-2 at home by the injury-depleted Buffalo Sabres. "We've had an opportunity to deal with success once already this season and we didn't pass that test," said McLellan.

"Our club has a lot of work to do. We're not getting ahead of ourselves." The Oilers next big test comes Wednesday at home against Alex Ovechkin and the Washington Capitals, the team that amassed the most points in the NHL's regular season in 2015-16. THE CANADIAN PRESS



Coming to the rink wanting to win and expecting to win. It all starts with the mindset.

Oilers wing Milan Lucic

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7	8	9	5	6	2	3	4	1
2	6	3	1	7	4	9	5	8
8	3	6	9	4	5	1	7	2
1	2	5	7	8	6	4	3	9
9	7	4	2	1	3	8	6	5

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RECIPE Slow Cooker Butter Chicken



PHOTO: MAVA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

This takeout classic gets a healthy update with coconut oil but if you don't have any on hand, use butter and get an equally delicious result.

Ready in 6 to 8 hours

Prep time: 10 minutes
Cook time: 6 to 8 hours
Serves 4

Ingredients

- 2 lb chicken thighs or breasts, cut into bite-sized pieces
- 1 onion, chopped
- 3 or 4 cloves of garlic, minced
- 1 tsp minced ginger
- 1 5 oz tube of tomato paste
- 1 heaping Tbsp curry powder
- 1 14 oz coconut milk

- 1/2 cup Greek yogurt
- 1/4 cup milk
- 2 Tbsp coconut oil
- small handful of cilantro for garnish

Directions

1. Put everything in the slow cooker and stir it all around.
2. Close the lid.
3. Set the timer for 6 hours. Don't worry if you need to be away from home for 8 hours or longer — it will be okay.
4. Serve with a big spoonful of jasmine rice and a sprinkling of cilantro.

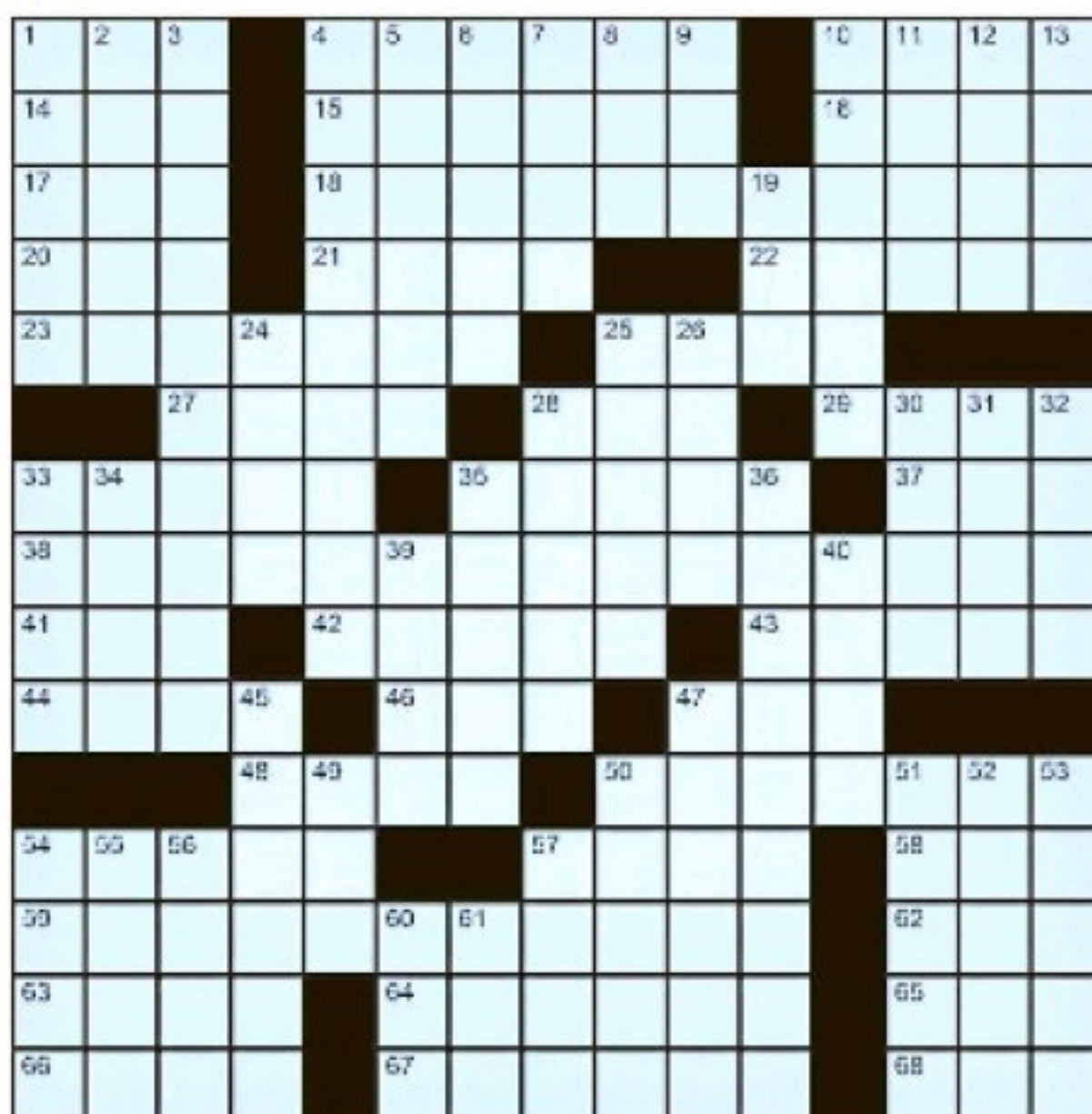
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Party Hard" singer Andrew, et al.
4. "I'm Sorry": 1960 chart-topper for _ Lee
10. Tomato variety
14. Excavated deposit
15. Fix the food portions
16. Malefic
17. French body of water
18. Strenuosity
20. Evergreen tree
21. "Buenos _!"
22. Connecting points
23. Greg, to Carol Brady
25. _-Flush
27. Heartburn relief brand
28. Car engine's need
29. Survive
33. Ms. Belafonte of '80s TV show "Hotel"
35. Creaky location in many horror movies
37. 'Auction' suffix
38. Prince Charles since #59-Across' reign began in 1952: 4 wds.
41. "Whistle _ the Lave O!": Song by Scottish poet Robert Burns
42. Dragged into court
43. Moms of cousins
44. _ bargain
46. Outlying
47. Canadian politicians, e.g.
48. I _ You! (Away-from-home sentiment)
50. Skilfulness
54. Paxton and Evans
57. Rockefeller Center



58. Mary _ Retton
59. Mum of the royal guy at #38-Across: Name + Roman Numeral
62. Hasty escape
63. Business' symbol on letterhead
64. Men's business-

- wear accessory, variantly: 2 wds.
65. Belief system
66. Comic books legend Mr. Lee
67. Concentrating/focused: 2 wds.
68. Swine's farm area

DOWN

1. Mr. Blitzer's of CNN
2. Brightly banded snake
3. Writer's fancy-sounding desk
4. Former CFL player who hosts Food Network's "Chopped"

- Canada": 2 wds.
5. Cosine and sine
6. _ Frome (1911 Edith Wharton novel)
7. Naughts
8. _-eyed
9. _-Man (Marvel Comics superhero)
10. Draw back from sudden fear

11. Love poet of ancient Rome
12. Stage setting, _-en-scene
13. Charity contributions
19. Weekend getaway accommodation
24. Happy meower's noise
25. Located
26. Descended, as from a perch
28. Survey selection
30. " _ Flux" (2005) starring Charlize Theron
31. Placed the envelope in the box
32. Very, in Verdun
33. Store
34. Manolo Blahnik part
35. 1957 Ayn Rand novel, _ Shrugged
36. Dried lips balm
39. Clods
40. Autumn shade
45. Books-selling website
47. Shriver and Sharapova
49. Patience _ virtue
50. Zubin _ (Celebrated conductor)
51. Actress, Tracee _ Ross
52. _ beef
53. Delicious
54. Salts, in Sherbrooke
55. Much: 2 wds.
56. Latvia's capital city
57. Leave the text in
60. Post-Guess Who gr.
61. German article

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You will be delighted by any chance to travel for pleasure today. This also is a good day to explore opportunities in publishing, the media, medicine and the law.

Taurus April 21 - May 21
Keep your pockets open, because gifts, goodies and favors from others will come your way today. People are just generous to you!

Gemini May 22 - June 21
This is a lovely day to relate to others, especially partners and close friends. Feelings of generosity and well-being will bless all your relationships today.

Cancer June 22 - July 23
Work-related travel is likely today. If so, this is something you will enjoy. Meanwhile, praise and assistance from others will make your job easier. Yay!

Leo July 24 - Aug. 23
This is a wonderful, creative day! It's a great day to enjoy sports events and playful activities with children. All social activities, including romantic rendezvous, will please you.

Virgo Aug. 24 - Sept. 23
Today is a much better day to make decisions about home-decorating projects. It's also a good day to entertain at home, as well as to explore real-estate opportunities.

Libra Sept. 24 - Oct. 23
You are in top form today! You're charming, diplomatic and happy to talk to everyone. Appreciate the beauty of your everyday surroundings. Appreciate the love in your world.

Scorpio Oct. 24 - Nov. 22
This is a good day for business and commerce, because you can see ways to boost your assets. You might get a raise or a better job, or you might make a perfect purchase.

Sagittarius Nov. 23 - Dec. 21
You are so charming today! Everyone wants to see your face. In turn, you feel loved and happy. Enjoy your day!

Capricorn Dec. 22 - Jan. 20
Secret love affairs are taking place for some of you. (You know who you are.) Others will enjoy solitude in beautiful surroundings. Perfect.

Aquarius Jan. 21 - Feb. 19
This is a popular day for you! Enjoy schmoozing with others. Classes, meetings and groups will be a positive experience for you. In fact, all of your interactions with others will benefit you today.

Pisces Feb. 20 - March 20
You might develop a crush on your boss today. Others will approach you for advice on how to make something look more attractive. Don't hesitate to speak your mind.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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